| fayetteville fit  **A free wellness program**  **New Participant orientation**  When  First Weds of each month, 10 am  Where  Better Health office  1422 Bragg Boulevard  **Fayetteville, NC 28301**  Fayetteville Fit is a family program! Adult guardians must attend each session and participate with child or teenager.  Learn more @ [www.betterhealthcc.org](http://www.betterhealthcc.org) | exclusively  For patients and families of CFV Endocrine Center and other partnering pediatric offices  hours  **Tues & Fri**  6pm – 8pm  join us for  Basketball  Soccer  Dance  Cooking  Frisbee  & More!  Earn Bucks  Redeem for gift cards, sports equipment, FF gear, and more! |
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| Ready to join the fun at Fayetteville Fit?  How to get started   * Register for and attend an orientation session (dates on the front of this flyer) 910-483-7534 * Parents must stay and participate in the orientation and all other FF activities * The entire family should come dressed in workout clothes for the orientation   Rules and Expectations  **Please read ALL rules before attending Fayetteville Fit**   1. A parent/guardian (age 18+) MUST be present with the participant at every session and remain as active as possible 2. Both the participant and guardian must wear appropriate workout clothes: close-toed shoes, active wear, minimal jewelry. 3. If siblings of a participant are attending, a parent/guardian MUST complete waiver form before participating. Parent/guardian MUST stay with child at all times and assume full responsibility for their safety. 4. Participants are only allowed to use rooms reserved for Fayetteville Fit and only when a staff member/volunteer is present 5. Strive to attend Fayetteville Fit at least one day per week! Work hard, have fun, and remember your Healthy Lifestyles goals! | **FAYETTEVILLE FIT**  **MASSEY HILL REC CENTER**  **1612 CAMDEN ROAD**  **FAYETTEVILLE, NC**  contact us  910-483-7534  fayfit@betterhealthcc.org  follow us  Image result for facebook logo Image result for instagram logo  Facebook:  Fayetteville Fit  Instagram:  Fayetteville Fit  Questions?  Contact our Program Connector, Krystal Jimenez at  [fayfit@betterhealthcc.org](mailto:fayfit@betterhealthcc.org) or 910-483-7534 |
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